

# Stillness Activity

## Meditation- teacher notes

1. Allow that some pupils may wish to turn to face a wall where they will not be distracted or distract others.
2. Explain the posture, sitting with both feet flat on the floor, hands flat on legs, neck and back straight, but not uncomfortable. Chin parallel with floor, eyes closed.
3. Breathing: keep your mind on your tummy, feel it rising and falling, if you cannot feel this, put your hands on your tummy to make it more obvious. Now take a few seconds and think rising and falling as it moves. This is a good method of developing the attention, concentration of mind and insight in contemplation.
4. Because you are still beginners, you may find it difficult to keep the mind on each successive rising movement and falling movement as it occurs, but don't think of rising and falling as words. Be aware only of the actual process of the rising and falling movements of the stomach. Avoid deep or rapid breathing for the purpose of making the abdominal movements more distinct, because this procedure causes fatigue that interferes with the practice. Just be totally aware of the movements of rising and falling as they occur in the course of normal breathing.
5. Guided fantasy: "Imagine yourself on the bank of a very large lake. The water is clear and still in front of you, on the other side of the lake there are some mountains. The sky is very blue and very clear, the sun is shining and it is reflected on the surface of the lake. As you stand on the edge of the lake feel a gentle breeze against your face, listen to the birds whistling around you. Hear the drone of a bumble bee as it settles on a flower near to you. Feel the serenity and peace around you."
6. "As you stare across the lake you see a staircase rising from the water and going high up into the sky. Focus all your attention on the staircase, feel yourself moving across the surface of the water without touching it until you come to rest at the foot of the staircase. Begin to climb the stairs, one step at a time. Look down at the water below you, still and calm. Feel the warm sun on you. Reach the top of the staircase and pause for a moment to look around you. You notice a small box near you, pick it up and pull open the lid, get out whatever is inside it. Let this be the first thing that comes into your mind, do not change it even if it is unpleasant. There is a pen and paper also in the box. Write down one word on the paper, put everything back in the box, close the lid and put the box down. Begin to walk back down the stairs,

when you reach the bottom feel your self gliding back towards the lake side. Stand enjoying the peace and listen to the leaves on the trees rustling around you. Turn around and watch the staircase disappearing back into the water, leaving little ripples on the surface.

7. Breathe in slowly and deeply, as you breath out allow the picture to dissolve completely from your mind and relax.

**Finish:**

- Ask the learners to open their eyes.
- Write down –

How it makes you feel now (e.g. bored, tired, frustrated).

Why your attitude changed.

Do you think the things that make us happy now could make us unhappy? Why? (E.g. Yes if you do it too often it could make you bored)